



Statistics Report 01131, Egg, whole, cooked, poached

Report Date: July 09, 2017 11:56 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	75.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kcal	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Energy	kJ	597	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Protein	g	12.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Total lipid (fat)	g	9.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Ash	g	1.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carbohydrate, by difference	g	0.71	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Sugars, total	g	0.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glucose (dextrose)	g	0.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fructose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Galactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Iron, Fe	mg	1.75	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Magnesium, Mg	mg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phosphorus, P	mg	197	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Potassium, K	mg	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sodium, Na	mg	297	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Zinc, Zn	mg	1.29	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Copper, Cu	mg	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Manganese, Mn	mg	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Selenium, Se	μg	30.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fluoride, F	μg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Thiamin	mg	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Riboflavin	mg	0.387	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Niacin	mg	0.063	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Pantothenic acid	mg	1.527	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-6	mg	0.144	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Folate, total	μg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folic acid	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Choline, total	mg	234.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Betaine	mg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin B-12	µg	0.71	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin A, RAE	µg	160	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Retinol	µg	159	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Cryptoxanthin, beta	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin A, IU	IU	538	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lutein + zeaxanthin	µg	501	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E (alpha-tocopherol)	mg	1.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Tocopherol, beta	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, gamma	mg	0.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, delta	mg	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin D3 (cholecalciferol)	µg	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D	IU	82	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lipids													
Fatty acids, total saturated	g	3.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
8:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
10:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:0	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
15:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:0	g	2.222	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
17:0	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:0	g	0.808	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total monounsaturated	g	3.643	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:1 undifferentiated	g	0.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
17:1	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:1 undifferentiated	g	3.397	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:1	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total polyunsaturated	g	1.904	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	1.549	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:3 undifferentiated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:2 n-6 c,c	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:3 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:4 undifferentiated	g	0.188	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:4	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:5 n-3 (DPA)	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:6 n-3 (DHA)	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol	mg	370	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phytosterols	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Amino Acids													
Tryptophan	g	0.166	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Threonine	g	0.553	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Isoleucine	g	0.669	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Leucine	g	1.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lysine	g	0.909	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Methionine	g	0.378	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cystine	g	0.271	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phenylalanine	g	0.677	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tyrosine	g	0.497	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Valine	g	0.855	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Arginine	g	0.817	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Histidine	g	0.308	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Alanine	g	0.732	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Aspartic acid	g	1.323	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glutamic acid	g	1.667	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glycine	g	0.430	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	0.510	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Serine	g	0.967	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007